



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 19100, Candies, fudge, chocolate, prepared-from-recipe**

Report Date: June 26, 2017 17:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 17g
<b>Proximates</b>					
Water	g	9.81	--	--	1.67
Energy	kcal	411	--	--	70
Energy	kJ	1719	--	--	292
Protein	g	2.39	--	--	0.41
Total lipid (fat)	g	10.41	--	--	1.77
Ash	g	0.70	--	--	0.12
Carbohydrate, by difference	g	76.44	--	--	12.99
Fiber, total dietary	g	1.7	--	--	0.3
Sugars, total	g	73.12	--	--	12.43
<b>Minerals</b>					
Calcium, Ca	mg	49	--	--	8
Iron, Fe	mg	1.77	--	--	0.30
Magnesium, Mg	mg	36	--	--	6
Phosphorus, P	mg	71	--	--	12
Potassium, K	mg	134	--	--	23
Sodium, Na	mg	45	--	--	8
Zinc, Zn	mg	1.11	--	--	0.19
Copper, Cu	mg	0.329	--	--	0.056
Manganese, Mn	mg	0.422	--	--	0.072
Selenium, Se	µg	2.5	--	--	0.4
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.026	--	--	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 17g
Riboflavin	mg	0.085	--	--	0.014
Niacin	mg	0.176	--	--	0.030
Pantothenic acid	mg	0.140	--	--	0.024
Vitamin B-6	mg	0.012	--	--	0.002
Folate, total	µg	4	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	1
Folate, DFE	µg	4	--	--	1
Choline, total	mg	10.0	--	--	1.7
Vitamin B-12	µg	0.09	--	--	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	44	--	--	7
Retinol	µg	43	--	--	7
Carotene, beta	µg	10	--	--	2
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	159	--	--	27
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	4	--	--	1
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.4	--	--	0.2
<b>Lipids</b>					
Fatty acids, total saturated	g	6.448	--	--	1.096
4:0	g	0.187	--	--	0.032
6:0	g	0.125	--	--	0.021
8:0	g	0.084	--	--	0.014
10:0	g	0.152	--	--	0.026
12:0	g	0.155	--	--	0.026
13:0	g	0.000	--	--	0.000
14:0	g	0.474	--	--	0.081

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 17g
15:0	g	0.000	--	--	0.000
16:0	g	2.703	--	--	0.460
17:0	g	0.038	--	--	0.006
18:0	g	2.459	--	--	0.418
20:0	g	0.063	--	--	0.011
22:0	g	0.005	--	--	0.001
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	2.943	--	--	0.500
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.058	--	--	0.010
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	2.882	--	--	0.490
20:1	g	0.005	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.373	--	--	0.063
18:2 undifferentiated	g	0.321	--	--	0.055
18:3 undifferentiated	g	0.052	--	--	0.009
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.165	--	--	0.028
Cholesterol	mg	14	--	--	2
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	8	--	--	1
Theobromine	mg	130	--	--	22